

## Herbal remedy

It's usually associated with our teenage years, but acne can hit anyone at any age. No matter how old you are, unsightly spots, blackheads, pustules and cysts can have a huge impact. However, help could now be available from a very unlikely source.

According to studies, the chemical compound cannabidiol, which is found in the leaves of the cannabis plant, is incredibly anti-inflammatory and full of antioxidants and can regulate sebum levels. It is also one of the few oils that is non-comedogenic, which means it doesn't clog pores.

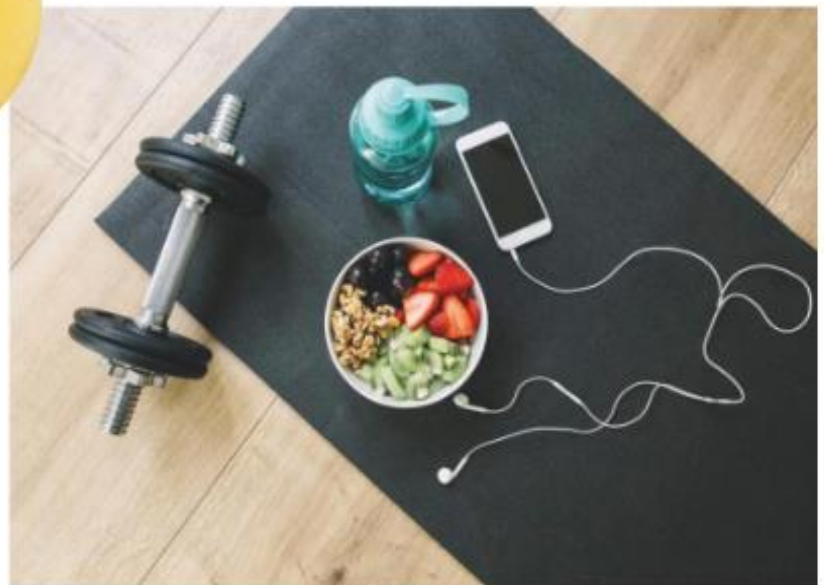
All together that makes CBD oil, as it's more commonly known, a highly appealing prospect for those with acne-prone skin.

Applied topically in a cream or oil, it could also help improve hydration and elasticity in your skin and promote a reduction in redness and acne scars. In addition, CBD oil has antibacterial properties, giving you an extra barrier to fight against daily pollutants.

If you are concerned about your skin, first speak to a pharmacist or your GP.



**In The Wild Socorro Vanilla Rose CBD Moisturiser, £79.** Visit [inthewild-beauty.com](http://inthewild-beauty.com)  
**Kloris Superboost CBD Face Oil, £30.** Visit [kloriscbd.com](http://kloriscbd.com)



## KNOW YOUR TYPE

There are 3.9 million people in the UK living with diabetes, a serious condition that occurs when your body can't control its sugar levels. While this can be because your pancreas can't make the insulin needed to get glucose from food into your cells, for the majority of sufferers – some 90%, according to Diabetes UK – the body is simply unable to process its insulin properly.

The focus for treatment for this form of the disease, known as Type 2 diabetes, is lifestyle change.

An NHS-backed app, Second Nature, is available to help you build and maintain healthy habits over a 12-week programme. It focuses on the three areas that can lead to long-term lifestyle change: tracking, support and education. There is one-to-one help

from a nutritionist, access to a support group to keep you motivated and more than 100 simple and delicious recipes, with step-by-step videos, as well as a wealth of advice on topics such as meal planning, how to sleep better and overcoming emotional eating.

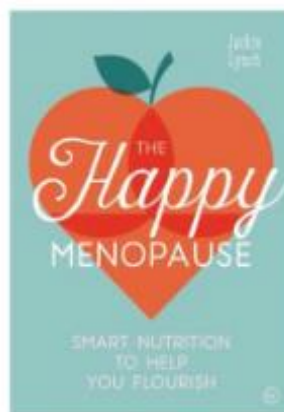
**Second Nature costs £55 for three months.** Visit [secondnature.io](http://secondnature.io).

I struggle to slow down and switch off. However, this is something I'm working on and, since being pregnant, I've been practising breathing a lot and I've enjoyed it. It's really helped me."

**What is your favourite piece in the new Dare2B collection?**

"The maternity leggings [£20, above left, modelled by Kate] – they're so comfortable. I've lived in them since the early stages of my pregnancy and they hold and support my bump. As someone who wears activewear out and about, it was important for me to create something functional, comfortable and also that looks good on. I've worn the long-sleeved maternity tops [£18, also above left] so much, exercising and also just around the house. They've been a lifesaver for me."

**Kate Ferdinand's Dare2B collection starts from £10.** Visit [dare2b.com](http://dare2b.com).



**The Happy Menopause: Smart Nutrition to Help You Flourish by Jackie Lynch (Watkins Publishing, £12.99)**

## Hot Topic

Concerned about the lack of information around the menopause, Jackie Lynch, the founder of the WellWellWell clinic in London, decided to use her knowledge as a registered nutritional therapist to empower women to take control. The result is *The Happy Menopause: Smart Nutrition to Help You Flourish*, an easy-to-understand insight into what's going on inside your body, the impact food has on hormones and what to eat to alleviate certain symptoms. You'll also find helpful tips, such as tackling hot flushes by adding ground flaxseed to your cereal, porridge or smoothie in the morning: "It's a great combination of protein and fibre, curbing sugar cravings, but importantly, it's packed with lignans, that mimic the action of oestrogen and can relieve hot flushes and night sweats." A great guide to the dietary tweaks that can make a huge difference in menopause.